



Cajun-Inspired Roasted Salmon and Shrimp

with Savoury Rice and Blistered Pepper Salsa

Special

Spicy

35 Minutes



Salmon Fillets,
skin-on
250 g | 500 g



Shrimp
285 g | 570 g



Basmati Rice
¾ cup | 1 ½ cups



Sweet Bell
Pepper
1 | 2



Tomato
1 | 2



Green Onion
2 | 4



Lemon
1 | 1



Mirepoix
113 g | 227 g



Cajun Spice
Blend
1 tbsp | 2 tbsp



Vegetable Broth
Concentrate
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, sugar, pepper, unsalted butter

Cooking utensils | Aluminum foil, baking sheet, large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer, zester

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Heat a medium pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **mirepoix** and **¼ tsp** (½ tsp) **salt**. Cook, stirring often, until tender, 3-4 min.
- Add **rice**. Cook, stirring often, until toasted, 1-2 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and **broth concentrate** and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Cut **tomato** into ½-inch pieces.
- Zest **half the lemon** (whole lemon for 4 ppl), then cut into **wedges**.
- Thinly slice **green onions**.

3



Make salsa

- Heat a large non-stick pan over high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers**. Cook, stirring occasionally, until **peppers** are tender-crisp and blistered, 3-4 min.
- Remove the pan from heat, then transfer **peppers** to a large bowl.
- Add **tomatoes**, **half the green onions** and **¼ tsp** (½ tsp) **sugar** to the bowl. Season with **salt** and **pepper**, then toss to combine. (TIP: Squeeze a lemon wedge into salsa, if desired.)

4



Roast salmon

- Meanwhile, line a baking sheet with foil.
- Pat **salmon** dry with paper towels, then season with **salt**, **pepper** and **half the Cajun Spice Blend**.
- Arrange **salmon** on the prepared baking sheet, skin-sides down. Drizzle with **½ tbsp** (1 tbsp) **oil**.
- Roast **salmon** in the **middle** of the oven until opaque in the centre, 6-8 min.**

5



Cook shrimp

- Meanwhile, using a strainer, drain and rinse **shrimp**. Pat dry with paper towels, then season with **salt** and **pepper**.
- Reheat the same pan (from step 3) over medium.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 3-4 min.**
- Remove **shrimp** from heat, then season with **remaining Cajun Spice Blend**. Toss to coat.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **lemon zest**.
- Divide **rice** and **salmon** between plates.
- Spoon **salsa** over **rice**.
- Top **salmon** with **shrimp**.
- Sprinkle with **remaining green onions**.
- Squeeze a **lemon wedge** over top, if desired.

** Cook salmon and shrimp to minimum internal temperatures of 70°C/158°F and 74°C/165°F respectively, as size may vary.